

Partners to Parents:

A Workshop for Couples Expecting Their First Baby



Having a baby for the first time is life changing; roles, routines, relationships, life priorities are never going to be the same.

Many couples find that the transition to parenthood is more demanding than they expected and that their relationship as a couple is being challenged in ways they could not have predicted. Yet, the focus of most prenatal classes is primarily on the birth experience and little time is devoted to the postpartum period and the profound changes that couples often experience as new parents.

In this workshop for expecting couples, the following topics will be discussed:

Mutual post-birth expectations

Unhelpful communication patterns and how to change them

Common challenges in the postpartum period and how to deal with them

Tips will be shared on how to sail smoothly through the sometimes turbulent waters of the transition to parenthood

Information on postpartum resources will be shared

The workshop is being offered in a small group setting to assure every couple has a meaningful experience.

About Dr. Michal Regev:

The workshop is facilitated by Dr. Michal Regev, a registered psychologist and marriage and family therapist with over 15 years of experience in the field of pregnancy and postpartum. To learn more about Dr. Regev, her practice and her approach, visit her website: www.drregev.com

Dr. Michal Regev

Registered Psychologist & Registered Marriage and family therapist

**Saturday,
July 24th, 2010**

Sacred Space,
3574 West 4th Ave

(between Dunbar and Collingwood)

10:30am - 1:30pm

\$175 per couple incl. taxes

There will be a break for lunch at 12pm. People are welcome to bring their own lunch.

Who should attend:
Couples expecting their first child in 2010

- the presence of both partners is highly encouraged



Registration: via e-mail:
michal@drregev.com

By phone: 604-261-7209

Press 1 to leave a message for Dr. Regev, including your name and contact information.

Space is limited.

